



Surfing the Energy W.A.V.E.

ENERGY W.A.V.E. 1402 446th Ave - Pickerel Lake, Grenville SD 57239
www.energywave-energymedicine.com 605-590-0899

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We Are Made of Light

By Becky Barnica, Spirit Science - April 18, 2014 - <http://tinyurl.com/le52brz>

A biophoton or Ultra-weak Photon Emission, (UPE) is a kind of light particle that is emitted by all living things. Though it exists in the visible and ultraviolet spectrum, in order for us to see it, our eyes would have to be about 1,000 times more sensitive.

While we can't see them with our eyes alone, technology has given us a glimpse and what it's shown us may have a profound impact on us all.

Biophotons were first thought to be merely the byproduct of metabolic chemical reactions. That idea is being challenged with an exciting theory that claims biophotons have a much larger role to play when it comes to our physiology and quite possibly our consciousness as well.

Experiments are showing that biophotons (UPEs) can be captured and stored inside of cells and can even travel through our nervous system; suggesting that biophotons might provide a way for cells to transfer energy and communicate information. It has also been suggested that UPEs might even have properties which help us to visualize images.

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A Dance *By Penny*

I love to dance! At a very young age, with my parents and grandparents, I danced the two-step, bunny hop, jitterbug, polka, and my favorite—even after being introduced to interpretive dance in high school—was always the waltz. My dancing enjoyment decreased, though, when self-consciousness started to creep in. I judged and compared myself to others, and felt I just didn't have the "right moves" to match music's rhythm.

It can be difficult to let go of self-consciousness and just dance to a song, a rhythm, an inspiration; perhaps even more difficult to let go of judging—not just of ourselves but of judging someone else's dance.

I remember, though, how it feels to become the dance—to let myself flow, to just BE me, loving the rhythm and my Self, moving to a beat perhaps only I can hear because it's my Soul's song. To find a rhythm which speaks to who I AM in every moment I am blessed to experience, without judging whether it is good or bad. "Dance is your pulse, your heartbeat, your breathing. It's the rhythm of your life. It's the expression in time and movement, in happiness, joy, sadness and envy." ¹ To live life, then, is to dance, and when you feel your heartbeat it is the rhythm of your soul.

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*"Dance is your pulse,
your heartbeat, your
breathing...."*

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This makes sense considering how we're creating computers. All computers are silicon crystal chips which we pass light through to relay 0's and 1's. (Light on, Light Off). The first computer was literally built with a light bulb and these punch-cards which had holes in them, which is how we would program computers.

"Light carries information through our brain, nervous system, and even our DNA."

Today, our computers are far more advanced, and yet at the core, the electrical information we are passing through computers today is still a form of light. Now our sciences are revealing humans work the same way, and Light carries information through our brain, nervous system, and even our DNA.

Yep! Scientists are finding that our DNA is a strong source of UPEs; it communicates with and is created from light itself! It's been observed that DNA produces extremely high biophoton emissions and has excimer laser-like properties. Excimer lasers (or exciplex lasers) are special lasers consisting pseudo-molecules that only exist in a highly excited state and emit light in the ultraviolet range.

If that wasn't cool enough already, scientists have also discovered that not only do we emit light, we have the ability to affect it with our thoughts alone. In a recent study, participants were placed in a darkened room and asked to visualize a bright light. When they did this, they were able to increase their levels of biophoton emissions significantly, showing that our intentions have an influence on light itself!

In conclusion, Light appears to be a fundamental part of our being. It's hard-coded into our very bodies to function directly with, and through light. On top of that, the fact that we can affect light with our intentions alone... outstanding! It would appear those new age hippies are right when they say we are all beings of light.

"How Biophotons Show That We Are Made of Light" - Becky Barnica <http://thespiritscience.net>

What We Become *By Penny*

My dad passed away in 2013, and I miss him. He was not a perfect man; he had faults and habits which could annoy—don't we all? He left home at 13 years of age to escape a situation he could no longer tolerate. He survived—he married the love of his life—he created a home and supported his family with hard work, his crooked smile, and twinkling eyes—he was a card shark and could add multiple columns of numbers in his head faster than I could enter them to a new technological device called a "hand-held calculator."

Sometimes he would be uncomfortably close and I would wish for more independence. Other times he would be uncomfortably distant, and I would wonder if we were from the same family. As I grew older the distant times became more frequent, until I realized he was becoming lost inside himself and slowly forgetting the names and faces of the people who loved him the most.

I learned a lot of lessons from my dad, and I held onto many of them over the years. Other lessons I discarded as quick as a bad draw from a deck of cards, but even the discards were something I could learn from. I'm grateful to my dad for those lessons and for his sometimes spoken, oftentimes unspoken, wisdom. I didn't always think so at the time but he taught me the importance of seeing life, not as regrets or failings, but as choices. He taught me to get back up, to keep going, keep learning, keep trying—and to quietly, without need for words, keep loving.

"I believe that what we become depends on what our fathers teach us at odd moments, when they aren't trying to teach us. We are formed by little scraps of wisdom." ¹ Dad, I hope I've become someone you will always be proud of. Thanks Dad, I love you—Happy Father's Day!

¹ Umberto Eco, *Foucault's Pendulum*

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I decided to ask myself: How am I dancing with life? Is it a joyful, life-loving, and healing dance for myself, others, and this Earth? Is it a generous, kind, life-sustaining dance? Or are the steps of my feet in this dance on Earth heavy, unaware, and beating into my energies and this Earth a rhythm of regret, fear, guilt, sadness, anger, judgment, or of life's other challenges? At times, I think I've unknowingly danced with all of these heavy steps—maybe you have too?

To be asked to dance is not the promise of life—I've already received the invitation to dance by just being here in this life. The promise—and the challenge of this dance with life—is to choose to dance, without judging myself or others, but with steps and patterns of movement which wordlessly speak the energies of love, healing, joy, peace, compassion, and gratitude. I feel I'm ready for that type of dance and that promise; it feels like a dance with a new life now.

“The one thing that you have that nobody else has is you. Your voice, your mind, your story, your vision. So write and draw and build and play and dance and live as only you can.”² It's a dance to live a life—and it's your dance.

¹ Jacques D'Amboise

² Neil Gaiman



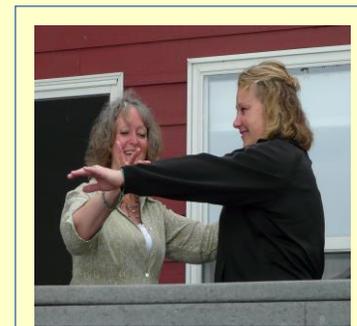
“To be asked to dance is not the promise of life....”

The May Re-Energize Re-Treat *By Penny*

The first Re-Energize Re-Treat for 2014, at Energy W.A.V.E. on Pickerel Lake, was held on May 31st. It was so much fun! All of the laughter and relaxing energy couldn't be dampened by a few raindrops that kindly waited to downpour until the end of the Retreat day.

All who attended said they had a wonderful, enjoyable day. Everyone took home prizes and lots of easy energy tips and ideas for stress relief, for interacting with negative people, and for enhancing their health, plus they loved all the delicious food (thanks to Shannon, Retreat Chef). Thanks to everyone who attended and who made it such an awesome day. I can't wait for the next Retreat in July!

If you weren't able to attend this Retreat but want to experience the fun, reserve your space and register early for the next Retreat. Details are at www.energywave-energymedicine.com by clicking the News/Events/Offer tab.



Demonstrating how energy can move through the arm



1402 446th Ave - Pickerel Lake
Grenville SD 57239

Phone:
605-590-0899

E-mail:
Penny.energywave@gmail.com

Energy W.A.V.E. does not diagnose illness or disease, or prescribe medications. The purpose of an energy healing session is to promote balance in the body's energy systems and enhance the body's natural ability to heal itself. Energy W.A.V.E. clients are expected and encouraged to take responsibility for their own health. Clients should consult their medical doctor with any health concerns and before making any changes in their health care.

Though the energy modalities used by Energy W.A.V.E. have helped many people with many different health concerns and issues, Energy W.A.V.E. does not guarantee any specific outcomes. Each experience with energy healing is unique to each individual, and your body's energies with your Innate Wisdom will guide whatever healing is deemed most appropriate for you to receive at this point in your life experience.

Balancing your life energy systems to personally empower the physical, mental, emotional, and spiritual You.